

Saturday, October 3, 2009
"Fall Festival"

11:30 - Info Shared
12:00 - Comfort Food
Meat Loaf, Potatoes, Squash, etc.

New Member Chat Following Meeting

Location: Olivet Lutheran Church
Fellowship Hall (Use East Door)
1320 University Dr S
Fargo, ND 58103
Phone: 701-235-6603

Please bring a Gluten Free dish to pass and your own utensils.

November 6 & 7, 2009
"Regional Conference"

Flyer Will Follow

Location: Holiday Inn
3803 13th Ave S. Fargo, ND
701-282-2700

Saturday, December 5, 2009
"Holidays and Celebrations"

11:30 - Ideas for a Worry Free Holiday
12:00 - Potluck
Bake Sale

New Member Chat Following Meeting

Location: Olivet Lutheran Church

Please bring a Gluten Free dish to pass and your own utensils.

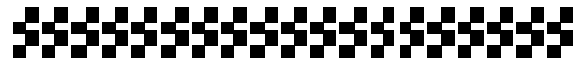
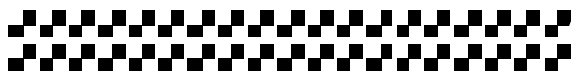
R.O.C.K meetings are also available.

Stacey Juhnke - 701-237-4854
email: RedRiverCeliacs@gluten.net

Please contact with questions or any help we can give you.

Sandy Kohler - 218-233-4898
email: RedRiverCeliacs@gluten.net

Jan Hammer - Membership - 701-232-3896
email: cfredjanhammer@gmail.com



2009 Menu



Sponsored by:



Meeting Location:
Olivet Lutheran Church
Fellowship Hall (Use East Door)
1320 University Dr S
Fargo, ND 58103
Phone: 701-235-6603

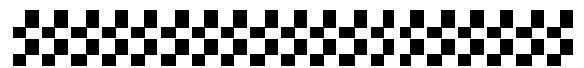
Dining Club:
Meets 3rd Thursday of most Months.
Contact Karlene Elfstrum
(701) 237-9324
kkelfstrum@qwestoffice.net

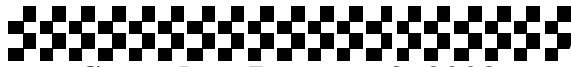
**A group of friends sharing knowledge,
ideas and offering support!**

Sydney's Health Market
302 27th Street North
Fargo, ND 58102
Phone: 701-526-0983
Email: shm@qwestoffice.net
www.sydneyhealthmarket.com

Website:
www.redriverceliacs.org

Email:
RedRiverCeliacs@gluten.net





Saturday, January 3, 2009

“New Year’s Party”

11:30 - Hot Donut Balls

12:00 - Soup Tasting

Gluten Free 101 with Stacey Juhnke

New Member Chat - Following Meeting

Location: Sydney’s Health Market

302 27th Street North, Fargo

Please bring a Gluten Free dish to pass
and your own utensils.

Friday, January 30, 2009

“Gluten Free Friday Night Opportunity”

6:00 - Family Pancake Dinner

Tickets and Reservations Required

Location: *Faith United Methodist Church

909 19th Ave N, Fargo

(10th St & 19th Ave N)

RSVP - 701-237-4540

Ticket Information:

\$4.00 (in advance)

3 Tickets = 1 Family

\$5.00 at the Door

Note: Proceeds go to Boy Scout Troop 214.

*Note location change.

Saturday, February 7, 2009

11:30 - Onion Rings!!!!

12:00 - February Fish Fry

New Member Chat Following Meeting

Location:Sydney’s Health Market

302 27th Street North, Fargo

Please bring a Gluten Free dish to pass
and your own utensils.

Saturday, March 7, 2009

“St. Patricks Celebration”

Wear Green

11:30 - Reading Labels: Kay Braun

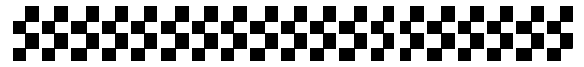
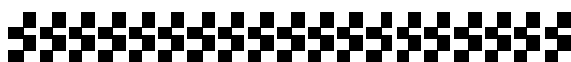
12:00 - Irish Stew

New Member Chat Following Meeting

Location: Sydney’s Health Market

302 27th Street North, Fargo

Please bring a Gluten Free dish to pass
and your own utensils.



Saturday, April 4, 2009

“Easter Spring Fling”

Bake Sale

11:30 - Bring your best gluten free ideas to share

12:00 - Easter Potluck Social

New Member Chat Following Meeting

Location: Olivet Lutheran Church

1320 University Dr S, Fargo

Please bring a Gluten Free dish to pass
and your own utensils.

How Far Will YOU GO!!

Marathon: Fargo Dome

Friday & Saturday, May 8 & 9, 2009

“Moving Feet Without Wheat”

(Flyer will follow)

Education Conference

Marriott Seattle Airport Hotel

June 5 and 6

Contact Stacey for more information
if interested in attending

Summer Dining Club Dates:

June 18, 2009 Dining Out

July 23, 2009 Garden party

(Jan & Fred’s home R.S.V.P. 701-232-3896)

August 20, 2009 Dining Out

Dining Club meets 3rd Thursday
of most months.

Check web site and email for more details

Thursday, September 3, 2009

“Hors d’oeuvres & Finger Food”

6:00 - Stephanie Engel

6:30 - Potluck

New Member Chat Following Meeting

Location: Sydney’s Health Market

302 27th Street North, Fargo

Please bring a Gluten Free dish to
pass and your own utensils.

Saturday, September 12, 2009

“Rock Us”

3:00 - Pitch Fork Steak Fondue

Advanced Tickets \$10.00 Ken 237-4540

Location: Faith United Methodist Church

909 19th Ave N, Fargo (10th St & 19th Ave N)

R.S.V.P. - 701-237-4540

